



**Please take a moment to answer the questions below by Friday, June 8, 2007**

1. What health goals do you have for this summer?

☐ Quit smoking

☐ Lose pounds

☐ Eat better

☐ Exercise more

2. Do you plan to accept the SummerFit challenge? (to completely unsubscribe from INShape Indiana, see the bottom of this email)

☐ Yes

☐ No

3. Do you eat 5 or more fruits and vegetables each day?

☐ I eat less than 5 fruits and

vegetables each day

☐ I eat 5 to 9 fruits and vegetables each day

☐ I eat more than 9 fruits and vegetables each day

4. How many days each week do you exercise for 30 minutes or more?

5. Comments?

If you do not receive a confirmation page after clicking submit, please click [here](#).

## **INShape Indiana presents SummerFit!**

This summer Governor Daniels and INShape Indiana invite you to participate in a new summer health and fitness program. SummerFit encourages Hoosiers to get active, eat healthy foods, and refrain from smoking. Over the course of eight weeks, members of INShape Indiana will receive weekly e-mails containing tips for staying fit during the summer months. Participants can track their progress through a point system; for each healthy activity an INShape member completes, they will earn points toward the weekly goal. At the conclusion of SummerFit, participants who submit point totals will be eligible for an INShape Indiana-related prize.

- 30 minutes of physical activity – 7 points
- 1 fruit or vegetable serving – 2 points
- 1 day without using tobacco – 2 points
- Forward SummerFit email to a friend – 2 points
- Weekly bonus assignment – 10 points

For example: If you exercise for 30 minutes for 3 days (21 pts), eat 5 servings of fruits/vegetables a day (70 pts), abstain from tobacco (14 pts), forward a SummerFit email to a friend (2 pts), and complete weekly bonus assignment (10 pts), you will earn 117 points and exceed the goal of 100 points for the week.

**SummerFit begins June 11th and runs through August 5th. If you are receiving this e-mail message, you are already an INShape Indiana member and will be automatically enrolled in the SummerFit program. Be looking for your first SummerFit weekly assignment by e-mail on June 10th. New participants can sign up for SummerFit by logging onto the INShape Indiana website at [www.inshape.IN.gov](http://www.inshape.IN.gov) and becoming an INShape Indiana member.**



Visit us on the web at [inshape.in.gov](http://inshape.in.gov)



### **INShape Indiana Swim Day presented by MDwise**

INShape Indiana encourages Hoosiers to get moving this summer! On June 16, take part in the sun and fun at the second annual INShape Indiana Swim Day presented by MDwise. INShape members will receive a complimentary towel, sunscreen, and discounted entrance to pools in their area.

#### **Participating Pools:**

- Tolleston Pool - Gary
- Hessville Pool - Hammond
- Potawatomi Pool - South Bend
- North Side Pool - Ft. Wayne
- Tropicanae Cove – Lafayette
- Dr. Martin Luther King Pool – Indianapolis
- Willard Pool – Indianapolis
- Kokomo Beach – Kokomo
- Greencastle Aquatic Center – Greencastle
- Demming Pool - Terre Haute
- Bryan Park Pool – Bloomington
- Jeffersonville Aquatic Center – Jeffersonville
- Harkey Pool - Evansville, IN



### **Senior Games**

The Indiana Senior Games, encourages both the physical and mental health of Hoosier athletes through athletic competition. This year, the Indiana Senior Games will be held in Carmel, Indiana and in the Hamilton County area, beginning Thursday, June 14. This four-day, action-packed event will give many senior athletes the chance to compete with others in 17



# Indiana <sup>20</sup>07 Senior Games

**JUNE 14th – 17th, 2007**

Presented by



*St. Vincent*

different sporting areas, including: Racquetball, Archery, Badminton, Basketball, Bowling, Cycling, Golf, Horseshoes, Mountain, Biking, Race Walk, Road Race, Shuffleboard, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball.

All participating athletes must be at least 50 years of age as of December 31, 2007 for all individual and team events. Participants will compete in the age division based upon their age on December 31, 2007. There are 10 age divisions for men and women: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+.

[Register Now](#) - The registration deadline to sign up for the 2007 Indiana Senior Games is **June 1, 2007**.



#### Fastest Kid in the City

The [AT&T USA Outdoor Track & Field Championships](#) are returning to Indianapolis on June 20-24, 2007. Don't miss the action as the nation's top elite and junior track & field athletes will be in Indianapolis. Expected to compete are Sanya Richards, Jeremy Wariner, Tyson Gay, Bernard Lagat, Adam Nelson and Allyson Felix.

In an effort to involve youth in the national championship festivities, *Fastest Kid in the City*, a sprinting event for children ages 4-13, will take place during the event and is open to all area

youth. A qualifier will be held at Carroll Stadium at IUPUI on June 23 at 6:30 p.m. All finalists will receive a prize, run on the same track as Olympians, and have their names posted on the official scoreboard. All registered participants and one parent will be admitted to the events free of charge. Download a registration form [here](#). For volunteer information visit [here](#).



## **IndyClassicMarathon**

#### Indy Classic Marathon

The "racing capital of the world" is now home to yet another fantastic competition. The Inaugural Indy Classic Marathon will be September 8, 2007 in downtown Indianapolis and outlying areas. There are events for all skill levels; a 26.2 mile marathon, 13.1 mile half-marathon, and 5K run/walk are all being offered.

Participate to win! 15% of the prize money will be awarded to the male and female winners of each race. Participate to help others! A portion of proceeds will be donated to the families of those who have given their lives defending our country since September 11, 2001.

**INShape Indiana participants will receive a 10% discount on registration. Additionally, the first 10 INShape Indiana participants to complete either the full or half marathon will**

receive a \$250 cash prize. Visit [www.indyclassicmarathon.com](http://www.indyclassicmarathon.com) to register!

### Get Fit with Jared



Join Governor's Council for Physical Fitness and Sports member Jared Fogle for the Get Fit with Jared Fitness Challenge on Monday June 25, 2007 from 8:30 to 10:30 at the Plum Creek Golf Course. Activities include a 1-mile run, obstacle course, fitness games, and more. All participants receive an "I Get Fit with Jared" t-shirt and autographed certificate. Participants must be between the ages of 6 and 14. Go to [www.jaredfoundation.org](http://www.jaredfoundation.org) to download the registration form.

The Jared Foundation is dedicated to eliminating childhood obesity and encouraging children to adopt life-long healthy eating and exercise habits. The foundation offers local and national programs to help America's children live healthier and happier lives.

Do you know someone who could benefit from SummerFit?

Forward  
to a Friend >

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